

YOU ARE MY FIRST TEACHER.

HELP ME LEARN ABOUT FOODS.

If I never taste a food, I won't know if I like it or not. Please help me.

- Offer me foods from all 5 food groups, even ones you don't like.
- If I won't eat the food, don't force me to eat it. But, try again at another time. It might take 10 tries before I will taste it.
- Have other foods that I eat, like bread, milk, and applesauce, on the table.
- Let me put the food in my mouth and take it out again. I learn by smelling, tasting, and touching food.

KEEP ME SAFE.

Not all foods are right for me. I could get hurt or sick. Some foods I should not eat. Other foods are okay if you cut them into tiny pieces. I must sit at the table to eat.

FOODS I COULD CHOKE ON:

- Hard foods like candy, peanuts, popcorn, or nuts
- Raw vegetables and hard raw fruits
- Slick, round foods like hot dogs or whole grapes
- Sharp foods like corn chips
- Sticky foods like peanut butter
- Large foods like a whole hamburger
- Soup

FOODS THAT COULD MAKE ME SICK:

- Raw or rare meat, chicken, turkey, or fish
- Raw or soft cooked eggs
- Deli meats (like bologna) unless reheated to steaming hot
- Unpasteurized fruit juice or cider

WHAT ABOUT FATS AND SWEETS?

I need some fat. You can put butter or margarine on my foods. A little sugar is okay, but not too much. Please don't give me punch, tea, or soda. Let me drink water, instead.

I WILL LEARN FROM YOU.

FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings 	<ul style="list-style-type: none"> • ¼ slice bread or tortilla • 1 to 2 tablespoons rice, noodles, or cooked cereal • 2 to 4 tablespoons dry cereal • 2 to 3 crackers 	Puffed or O-shape cereal. Other dry cereal is hard to eat.
VEGETABLES 3 Servings 	<ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces vegetable or tomato juice 	<ul style="list-style-type: none"> • Cooked, not raw vegetables. • Many kinds and colors: dark green, orange, red, yellow, and purple.
FRUITS 2 Servings 	<ul style="list-style-type: none"> • 1 to 2 tablespoons, chopped • 2 ounces 100% fruit juice 	<ul style="list-style-type: none"> • Cooked or soft raw fruit. • Many kinds and colors: red, yellow, orange, blue, and green. • Juice in a cup. 4 ounces a day is plenty.
MILK & MILK PRODUCTS 4 Servings 	<ul style="list-style-type: none"> • ½ cup whole milk or yogurt • ½ to 1 slice cheese 	<ul style="list-style-type: none"> • Whole (not low-fat) milk. • Milk in a cup. 16 ounces a day is plenty.
MEAT & BEANS 2 Servings 	<ul style="list-style-type: none"> • 1 to 2 tablespoons meat, chicken, turkey, or fish • ½ egg • 1 to 2 tablespoons cooked WIC beans or tofu 	<ul style="list-style-type: none"> • Well-done, but moist and chopped meats. • Mashed, cooked WIC beans. Don't give me hot dogs or peanut butter. I can choke on them.



MAKE HALF OF MY PLATE FRUITS AND VEGETABLES.

I NEED A ROUTINE.

Learning new things is scary. I learn better when I feel safe. You help me feel safe when you:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks, and have them at the same times every day.
- Eat with me. We can share happy times and talk. Let's turn the TV off.

LOOK WHAT I CAN DO!

- I can drink from a cup and use a spoon. I am still learning. Please be patient with my mess.
- I love to run, jump, and climb. Keep an eye on me.
- I use my hands to stack blocks, throw a ball, and push and pull toys. Let's play catch!
- I copy what you do. Can I play with a bowl and spoon? I will pretend to stir food.
- I understand much of what you say. Talk and sing to me. Please say I am doing a good job.
- I like to open doors and drawers to see what is inside. Let me learn, but keep me safe.

HEALTH AND SAFETY TIPS

- Brush my teeth, front and back, 2 times a day. Use a small, soft toothbrush and water. Have a dentist check my teeth.
- Buckle me into a child safety seat before I ride in a car.
- I need a nap every day. Could you read me my favorite story?
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.

1½-2 YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me: